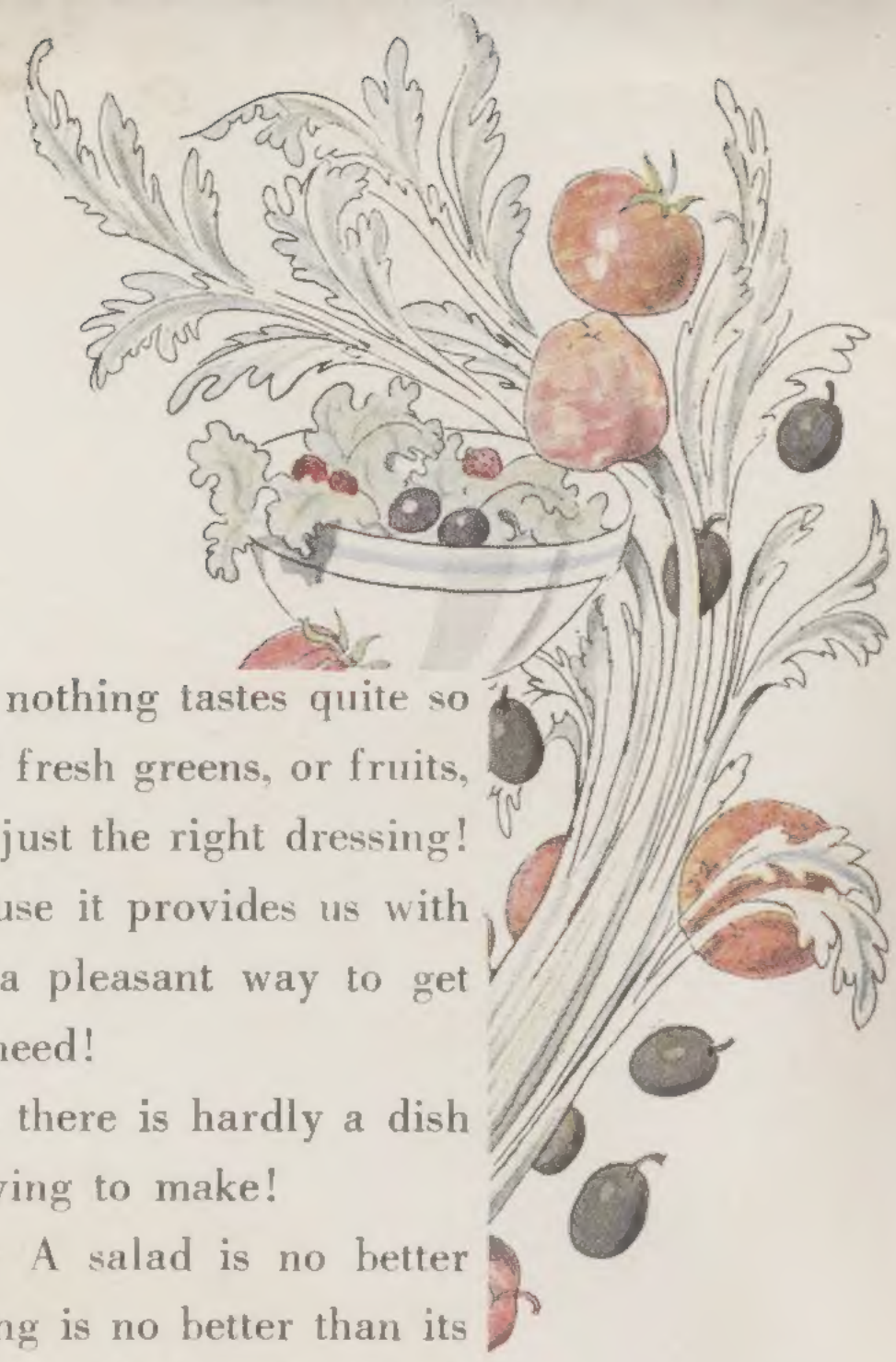
The MAZOLA Salad Bowl

FIRST, JUST A WORD...



For flavor—*salad* . . . because nothing tastes quite so good as a crisp, cool mixture of fresh greens, or fruits, or vegetables, surrounded with just the right dressing!

For health—*salad* . . . because it provides us with our "protective foods"—such a pleasant way to get the vitamins and minerals we need!

For fun—*salad* . . . because there is hardly a dish that is so simple, yet so satisfying to make!

But, saladmaker, remember: A salad is no better than its dressing. And a dressing is no better than its prime ingredient—the salad oil. Notice that each dressing specifies *Mazola*—the salad oil of character, made from the hearts of our native golden corn.

With *Mazola* you will find the delicious, full flavor you expect when you try these recipes. You will find that *Mazola* is economical, that it mixes easily, blends perfectly with the other ingredients and—most important—that it gives an elusive little "something" to your salad dressings.

We could not bring you all the salad recipes in the world, but we have brought you the favorite ones. We enjoyed collecting them, tasting them, taking their pictures. And we hope you will enjoy trying them all.

—Corn Products Refining Company
17 Battery Place, New York
Copyright 1939

A BOW TO OUR CONTRIBUTORS:

A number of leading magazines have contributed the recipes for salads and salad dressings, which appear on the following pages. You will find the name of the magazine to whom we are indebted, just below the recipe. We are very proud of the opportunity to reproduce them, and very grateful for their gracious permission to do so.

For Your Guidance:

We have employed an entirely new technique in the "real life" photographs in this booklet. Each is a "homemaker's view"—taken looking directly down on the salad—to guide you in arrangements and serving.

All-in-One Salad

(Illustrated below)

1 head lettuce
1 (No. 2) can string beans, drained
3 tomatoes
2 cups diced, cooked potatoes
1 (7 oz.) can flaked fish
1 peeled purple onion, sliced
3 shelled hard-cooked eggs, sliced
½ cup mustard pickle
1 peeled garlic bud, finely minced
¾ cup Mazola
¼ teaspoon granulated sugar
¼ cup vinegar
¾ teaspoon salt
Few grains pepper

Break up the thoroughly washed lettuce and arrange in the salad bowl. Arrange alternate layers of the string beans, tomatoes cut in eighths, the potatoes, fish, onion, and eggs. Thoroughly toss the salad with a dressing made by beating together the remaining ingredients with a fork. Serves 6. To serve 2 or 3, make half this recipe.

—Good Housekeeping

The Salad Bowl

It's another "old Roman custom"—mixing salad greens and "makings" in a big bowl, with plenty of good dressing. At least a story goes that the first salad-maker was a solid citizen of Rome who dabbled with the herbs and spices and oil while the cook was away, to produce our first salad dressing, which he poured over "Lactuca" or "Lettis"—which we now know as lettuce!

After the Greeks and Romans created the first recipes, the French and Italians took over the custom, fostered it, and brought it to America, where restaurants and dining cars spread the gospel of "the salad bowl." Only during the past few years has the salad bowl come into our dining rooms—but having arrived, it is destined to stay long and happily ever after.

A "bowl salad" is any mixture of greens—to which fruits, vegetables, seafood, etc. may be added—which is mixed with dressing in a bowl. Your bowl may be of china, glass, silver, or pottery, although most popular (and traditional) is the bowl of wood—like the lovely mahogany bowl we have chosen to hold the salads photographed for this booklet.

In making a bowl salad, have a variety of crisp, dry ingredients, cut in medium-sized pieces. Toss your ingredients so that every piece is coated with dressing but no leaves are bruised (a wooden fork and spoon is best to use). Serve your tossed salad right from the bowl onto plates—and nowadays many hostesses are acquiring individual wooden bowls to match the big one! Do not wash your *wooden* salad bowl; "season" it well with salad dressing; rub the inside with Mazola when you buy it, and at frequent intervals thereafter. After each using, rinse out quickly and wipe very dry to prevent cracking and warping.

Fresh Cauliflower Salad

½ large or 1 small head cauliflower, uncooked
¼ cup finely chopped green pepper
½ cup finely chopped celery
2 tablespoons finely-chopped red, sweet pepper or pimiento
1 teaspoon salt
1 cup Tomato French Dressing
6 crisp lettuce leaves

Slice the cauliflower paper-thin, so that it will fall apart into tiny pieces. It should measure 2 to 3 cups. Mix with the other ingredients and allow to marinate in refrigerator for several hours. Drain off surplus dressing and place in salad bowl lined with crisp lettuce. This makes 6 servings.

Tomato French Dressing

1 tiny clove garlic
½ teaspoon dry mustard
1 tablespoon confectioners' sugar
½ teaspoon salt
Dash of Tabasco sauce
⅓ cup vinegar
⅓ cup Mazola
1 cup tomato juice

Rub together first five ingredients in a small bowl until the oil of the garlic has been thoroughly mixed. Add the vinegar and combine well; remove the garlic. Add the remaining ingredients and shake well. This will make a little over 1½ cups of dressing.

—Pictorial Review-Delineator

Mixed Greens and Cheese

1 cup shredded lettuce
1 cup chicory cut in small bits
4 tablespoons Roquefort cheese, crumbled
4 tablespoons grated raw carrot
½ cup broken grapefruit segments
1 tablespoon ground sweet pepper

Dressing

½ cup Mazola
2 tablespoons lemon juice
1 teaspoon salt
1 teaspoon sugar
⅛ teaspoon cayenne

Blend ingredients, which have been drained and chilled, and place in salad bowl. Mix all dressing ingredients together and pour over salad just before serving. Toss lightly and serve from the bowl or on individual plates.

—The Parents' Magazine

Tomato and Avocado Salad Bowl

(Illustrated below)

3 medium-sized tomatoes
1 small avocado
½ cup French dressing
1 head lettuce or ½ head lettuce and ½ head chicory (curly endive)
1 (2-oz.) package Roquefort cheese

Wash and stem the tomatoes and cut into eighths. Pour the French dressing over them and let stand about ½ hour in refrigerator. Meanwhile, wash the lettuce, separate leaves, and break into small pieces. Crumble the Roquefort cheese with a fork. Cut the avocado in halves, remove the stone, peel and then cut into crescent shaped pieces. Arrange the lettuce, tomatoes, avocado, and cheese in alternate layers in a large shallow bowl. Pour French dressing from marinated tomatoes over all. Toss well and serve from the bowl. Serves 6.

—Good Housekeeping

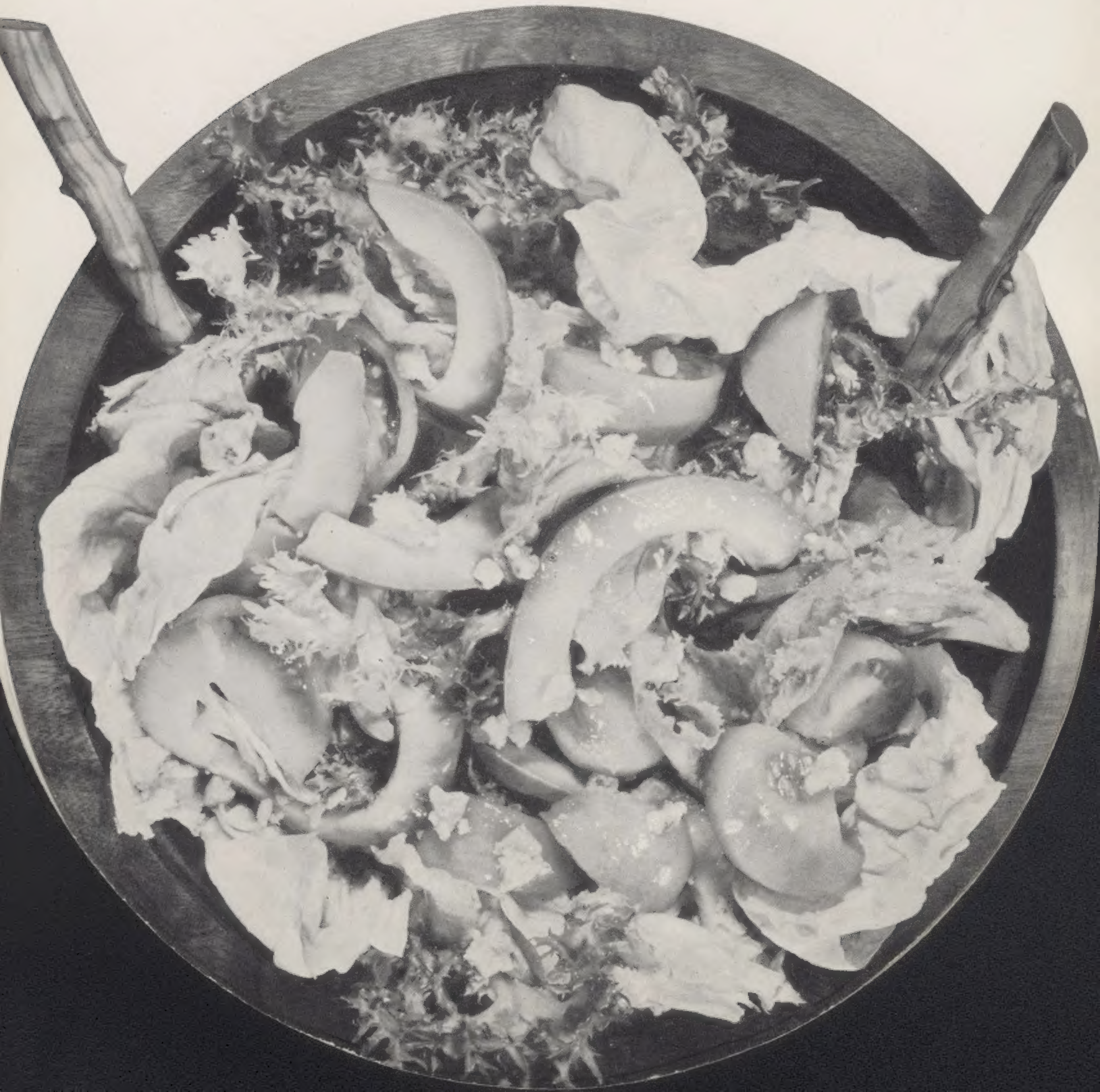
Good Housekeeping French Dressing

1¼ cups Mazola
6 tablespoons vinegar
2 teaspoons salt
⅛ teaspoon pepper
¼ teaspoon paprika
Speck celery salt
¾ teaspoon granulated sugar
1½ tablespoons catsup
1½ teaspoons chili sauce
1 tablespoon lemon juice
1½ teaspoons Worcestershire type sauce

Combine all ingredients and beat with a hand beater or an electric beater until a smooth, well-blended mixture is formed. Makes about 1½ cups dressing. If you allow 2 peeled garlic buds to stand in the dressing for several hours or longer, the flavor will be improved.

—Good Housekeeping

This dressing is recommended for use in making the Tomato and Avocado Salad given on this page.



The "Greens" Salad Bowl

The simplest salad is often the smartest salad. One of the simplest of all bowl salads is the one of *mixed greens*—and what a variety of greens from which to choose: lettuce, in five or six varieties; chicory; endive; romaine; escarole; watercress—almost any fresh, young green will do, dandelions and tender, raw spinach leaves not excepted! Choose one, or mix several kinds together.

Be sure the greens for your salad are crisp, clean and dry. Wash them thoroughly in cold water, then dry by shaking in a towel. No salad should ever be "watery"! To store salad greens, wrap them in a towel, paper, or "lettuce bag" and keep in the least cold compartment of refrigerator, or store in the covered vegetable pan of your refrigerator. Greens should be served cool—from a cool bowl, on cool plates.

The French like green salad best, and usually mix them right at table—the men, especially, pride themselves on doing so—even in public restaurants. Your "saladeer" from France usually first mixes the seasonings right in the salad bowl, then stirs in the oil and adds the greens, tossing them carefully until each leaf is coated. The vinegar is added last and the tossing completed.

As you know, a basic French dressing is simply: oil, "acid," and seasonings. The "acid" may be vinegar (tarragon, cider, malt, wine) or lemon juice; in some dressings it may be grapefruit juice or a mixture of fruit juices. The seasonings will vary from merely salt and pepper, with a dash of dry mustard, to an elaborate array—the touch of Worcestershire, of horseradish, of curry, etc. The oil, these modern times, will be *Mazola*—if the maker is wise!

New England Salad Bowl

1 clove garlic
1 teaspoon salt
1 cup finely diced bread fried in Mazola
½ cup sliced onion
½ cup cooked peas
2 cups raw cauliflower flowerettes
⅓ cup cubed boiled potatoes
1 slice pickle
1 peeled tomato, sectioned
1 head lettuce
1 hard cooked egg, sliced
3 tablespoons Mazola
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon brown sugar
1 tablespoon vinegar

Chop garlic in salt and rub to a paste in salad bowl. Add bread, pickle, vegetables, lettuce torn into pieces and hard cooked egg. Add Mazola and seasonings and toss lightly. Chill 15 minutes. Add vinegar, toss again and serve. 6 servings.

—Child Life

McCall's Mayonnaise

1 egg
1 teaspoon salt
1 teaspoon sugar
¾ teaspoon dry mustard
Few grains pepper
Dash paprika
Dash cayenne
2 tablespoons vinegar
2 tablespoons lemon juice
1½ cups Mazola

Combine egg, salt, sugar, mustard, pepper, paprika and cayenne. Add 1 tablespoon vinegar. Add ½ cup Mazola in very slow stream, while beating with a rotary beater. Add remaining Mazola slowly, alternating with vinegar and lemon juice, beating constantly. Makes 1 pint.

Variations

FRUIT MAYONNAISE: To 1 cup mayonnaise add ½ cup whipped cream, 2 tablespoons minced orange rind.

CHIVE MAYONNAISE: To 1 cup mayonnaise add 2 tablespoons finely cut chives.

HORSERADISH MAYONNAISE: To 1 cup of mayonnaise add 2 tablespoons prepared horse-radish.

RUSSIAN DRESSING: To 1 cup mayonnaise add ¼ cup Chili sauce which has been drained.

—McCall's

(These salad variations are mentioned throughout the booklet, in connection with the recipes which they best accompany. You may, however, prefer other variations than the one suggested, test them to see which suits your taste!)

Fruit Salad Bowl

(Illustrated below)

Fruit salad bowls are at their best for looks and for convenience in serving when each variety of fruit is grouped separately in a shallow flaring bowl. A good assortment, in amounts to serve 4 persons generously, is:

2 bananas, cut lengthwise
4 crescents of avocado
4 semi-circles of pineapple
Watermelon balls
4 slices of red-skinned apple
4 long "fingers" of cantaloupe
Perfect strawberries on their stems
8 slices of orange

Dip the cut banana, avocado, and apple in lemon juice to prevent discoloration. On a bed of lettuce or chicory arrange the long fingers of banana and cantaloupe, then dispose around them the other fruits, sandwiching each apple slice between 2 slices of orange. Use the watermelon balls and the strawberries for garnish. In serving, see that each person receives a portion of each kind of fruit.

Pass sweetened French dressing, cheese dressing, or any other desired variety.

—Sunset Magazine

Refrigerator French Dressing

Especially good on lettuce and other salad greens, and on various mixtures as well, is this rather unusual dressing. It can be kept indefinitely in the refrigerator, ready for use. To make it, boil

⅞ cupful of sugar
1 cupful of water
⅛ cupful Karo Syrup, Red Label

to a heavy syrup, or the soft-ball stage when tested in cold water. Let cool. Grate a medium-sized onion and a clove of garlic, and let soak for several minutes in a mixture of

2 tablespoonfuls of cider vinegar
2 tablespoons of tarragon vinegar
½ cupful of lemon juice

Strain, discarding the grated onion and garlic, and to the highly flavored vinegar and lemon juice add

1 teaspoonful each of salt, paprika, celery salt, and dry mustard
½ cupful of ketchup
1 cupful of Mazola

Mix well. When the syrup is cool, beat it into the above mixture with a rotary beater or electric mixer. Makes 1½ pints of dressing.

—Sunset Magazine

"Mixed" Salad Bowls

Salad bowls may have come last to America—but "the last's the best" according to the trite, true saw! From a "little dab of lettuce" served after the main course, salad in this country has grown to include almost anything in the refrigerator! Now, salad fills any course in the meal, any meal in the day, except perhaps breakfast. Salad can be the whole meal, an accompaniment to the main course; we serve salad as a relish, as a dessert, and even as an appetizer. Buffet suppers—picnic spreads—parties for the youngsters or the grown-ups—holiday occasions: they all require salad!

Americans prefer to make their green salad bowls a little differently from the old French method: the greens, crisped and torn apart, are put in the salad bowl, while the dressing is mixed separately. Then the mixed dressing is poured over the greens—either in the kitchen or at table—and the whole mixture tossed together.

Americans have borrowed ideas from every land —from the smörgasbord of Sweden to the chili pepper dishes of Mexico—until the "list of ingredients" may read like a market's invoice-sheet! Anchovies, meat, eggs, cheese, chicken, pickled vegetables, raw or cooked vegetables, fruits from apples to persimmons—all these go into salads now, as this little booklet will prove to any set of hungry eyes!

Mayonnaise and cooked salad dressings have reached a new peak of popularity in this country too, and while our standard salad bowl usually calls for one of the many variations of French dressing, still—fresh Mazola mayonnaise or salad dressing has a very definite place in the salad scheme. Prediction: you will use and *use* that recipe for Mayonnaise on page 10!

McCall's French Dressing

1 garlic clove
3 tablespoons vinegar or lemon juice
Few grains pepper
½ cup Mazola
½ teaspoon salt
¼ teaspoon paprika

Rub bowl with cut clove of garlic. Add remaining ingredients. Stir vigorously with fork. Remove garlic and beat dressing thoroughly before serving. Serves 4.

TARRAGON FRENCH DRESSING: Use Tarragon vinegar instead of cider vinegar in recipe for French dressing.

FRUIT SALAD DRESSING: Omit garlic, substitute orange juice for vinegar in recipe for French dressing, adding 1 tablespoon lemon juice and enough liquid honey to sweeten slightly.

TANGY FRENCH DRESSING: Add ½ teaspoon Worcestershire sauce, 2 drops Tabasco sauce, and 1 tablespoon prepared horseradish to recipe for French dressing.

ROQUEFORT FRENCH DRESSING: Add 5 tablespoons crumbled Roquefort cheese to recipe for French dressing.

OTHER VARIATIONS: Add capers, chopped hard-cooked egg, pickle or sliced ripe olives to French dressing.

—McCall's

Stuffed Olive Dressing

1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon granulated sugar
1 teaspoon paprika
¼ teaspoon cayenne pepper
2 tablespoons catsup
1 cup Mazola
¼ cup vinegar
1 (3-oz.) bottle stuffed olives, sliced

Mix all the dry ingredients and the catsup together. Beat well with a hand beater or an electric beater at high speed, then add the Mazola one tablespoonful at a time, beating well after each addition. Add vinegar gradually, beating all the while. Add the olives and chill. Makes about 1½ cups dressing, and is delicious on romaine or lettuce salad.

—Good Housekeeping

Chef's Salad Bowl

(Illustrated below)

½ Spanish onion
2 tomatoes
1 small head chicory
2 cups cooked or canned green peas
French dressing
⅔ cup slivered tongue

Slice onion, separate into rings. Cut tomatoes in thin wedges. Break chicory into small sprays. Combine all ingredients in salad bowl; toss until ingredients glisten with dressing. Serves 4.

—McCall's

French Spinach Salad

½ lb. uncooked spinach, finely shredded
1 medium Bermuda onion, minced
4 tablespoons diced celery
4 hard-cooked eggs, sliced
¾ cup Lemon Salad Dressing
Salt to taste

Chill salad ingredients and toss together lightly. Add Lemon Salad Dressing just before serving. Serves 8.

—Better Homes & Gardens

Perfect Duck Dinner Salad

Crisp lettuce hearts or curly white endive
¼ cup red wine vinegar
½ cup Mazola
Salt and pepper
Chopped chives

Break lettuce hearts into pieces or, if endive is used, separate the leaves. Put into salad bowl, dress with Mazola and vinegar and pepper and salt which have been well blended. Toss lightly until each leaf is well coated with dressing. Strew with chives. Serve the salad with the meat course; it is a perfect foil for roast duck.

—American Home

Lemon Salad Dressing

1 tablespoon Mazola
2 tablespoons flour
½ cup water
1 egg yolk
½ teaspoon mustard
½ teaspoon salt
1/16 teaspoon paprika
2 tablespoons lemon juice
½ cup Mazola

Make white sauce of first 3 ingredients; pour into remaininig ingredients and beat rapidly. Makes 1½ cups.

—Better Homes & Gardens

A Shelf of Your Own

A bright, new idea: the Salad Shelf! It's easy to be a real salad-chef, entitled to a blue ribbon and a gold medal, when you have all the dressing-makings ready on a single shelf.

Collect all the ingredients (the bottled and packaged and canned ones) you use for your French dressing and its variations, on a single shelf or set of shelves in your kitchen. Keep it inviolate—and don't steal away the paprika for the top of the range, nor let the children or the maid put the pepper somewhere else! Add to it from time to time (perhaps if the word gets 'round, you will have some donations of herbs or seasonings or recipes for your "collection").

Here's a list, just as a starter, of things to keep on your Salad Shelf:

Mazola
Vinegar—Tarragon, Cider, etc.
Dry Mustard
Sugar
Salt
Pepper (Black, White, and Cayenne!)
Paprika
Worcestershire Sauce
Prepared Horseradish
Chili Sauce
India Relish (good on lettuce hearts)
Garlic Buds
Chives in their own pot
Celery Salt
Onion Salt
Curry Powder (be careful, it's hot!)
Canned Grapefruit Juice

And underneath these, if there's room, you can hang or place your favorite salad *equipment*:

Vegetable cutters
Mincer
Scissors
Colander
Sharp Knife
Can Opener
Bowl
Wooden Fork and Spoon

. . . and perhaps, your collection of recipes, which we hope will start with "The Mazola Salad Bowl." But, salad-maker, *all you really need is*:

A Bowl
A Fork and Spoon
Mazola
Vinegar
Seasonings!

Salad a la Russe

3 cups finely shredded cabbage
1 cup bright colored vegetables—cooked peas and string beans, grated raw carrot, diced firm raw tomato
Well-seasoned French dressing
Thin slices salami or other sausage
Anchovies or boneless sardines
Pimiento Strips
Ravigote Mayonnaise

Combine vegetables, marinate with French dressing and chill. Serve from salad bowl or use individual service, garnishing with the sliced meat, fish and pimiento strips. Pass Ravigote Mayonnaise separately.

Ravigote Mayonnaise

¼ cup vinegar
¼ cup Mazola
⅔ cup sweetened condensed milk
1 egg yolk
1 teaspoon dry mustard
½ teaspoon salt
Few grains cayenne

Place ingredients in order given in a pint jar. Fasten top of jar on firmly and shake vigorously for one or two minutes. Chill, then add 1 tablespoon tarragon vinegar, 1 teaspoon finely minced capers, 1 teaspoon minced parsley, ½ teaspoon onion juice, ¼ teaspoon salt and about 1/16 teaspoon cayenne, additional.

—Woman's World

(A recipe for French Dressing is given on page 3.)

Crabmeat, Celery and Apple Salad

4 teaspoons lemon juice
1 teaspoon salt
4 tablespoons Mazola
2 cups canned crabmeat
1 cup diced celery
1½ cups diced, pared tart apple
3 shelled hard-cooked eggs
¼ cup mayonnaise
Lettuce
Stuffed olives

Combine the lemon juice, salt, and Mazola. Mix the crabmeat, celery, and apple, and let stand in the Mazola mixture for 20 minutes in refrigerator. Then add the eggs, coarsely chopped, and the mayonnaise. Serve on 8 individual beds of lettuce garnished with stuffed olives or green pepper strips. Serves 8.

—Good Housekeeping

VITAMIN VEGETABLE SALAD

(Illustrated below)

Raw spinach, carrots, cucumber, cabbage, green pepper, radishes, celery, cauliflower, lettuce, watercress, parsley, tomatoes, beets, onion, French dressing.

Note: Since vegetables, as well as appetites, vary in size, when preparing this salad each person will have to be his own judge of quantity. Some of the suggested vegetables may be omitted, but the combination of all, or most of them is excellent.

Wash small tender inside leaves of spinach until absolutely free of sand. Peel carrots and cucumber. Wash and shred cabbage. Scrub green pepper, radishes, celery and several cauliflower buds with vegetable brush. Place all these vegetables in ice water for an hour to get crisp. Wash lettuce, watercress and parsley, place in refrigerator to chill. Just before serving time place lettuce and watercress in large salad bowl. Add tomatoes (peeled and sliced very thin) and beets (peeled and grated). Drain chilled vegetables, dry thoroughly between towels. Slice cucumber and radishes very thin; grate cauliflower-buds and carrots; add to contents of salad bowl together with shredded cabbage and spinach leaves. Chop together peeled onion, parsley, green pepper and celery. Combine with mixture in bowl. Moisten all with French dressing, tossing lightly with salad fork until vegetables are coated (but not soaked) with dressing. Serve immediately in same bowl.

—Radio Stars Magazine

(Recipes for French dressing will be found on pages 3 and 6.)

100 - From 1!

You wouldn't wear the same dress every day, no matter how becoming, would you? Then you can't expect your salad to wear the same dressing every day! Just as you suit your costume to your personality and the mood you want to create, so should you suit the dressing to the salad—and the tastes of those who will eat it. (It's easy!)

All you need to know is how to make a good, basic French dressing, a mayonnaise and a cooked salad dressing (there are plenty of recipes in this booklet). Then turn into a kitchen-Edison, let yourself go, and create your own, personal variations—what the French call "specialté du maison" —specialty of the house. (After all, Marguerites, Peach Melba, Sally Lunns, were named for clever ladies; why not a salad dressing for you?) Remember, *somebody* thought of it first, and you will find Mazola blends so readily and smoothly and is so economical, you won't mind experimenting—you will find it real fun.

Here are some of the simplest variations of *Mazola French Dressing*, to inspire you. Add each to the basic recipe:

Roquefort: **add ⅛ lb. Roquefort cheese, crumbled**

Chutney: **add ¼ cup Chutney, chopped**

Catsup: **add 2 to 3 tablespoons tomato catsup**

Anchovy: **add 2 to 3 tablespoons anchovies, minced**

Fruit: **use lemon juice (not vinegar) in dressing and add orange juice, grapefruit or pineapple juice or a blend of all three**

Cranberry: **beat in 3 to 4 tablespoons strained cranberry sauce**

Spanish: **add 2 tablespoons of capers and 2 tablespoons ripe or stuffed olives, minced**

Chive: **add 2 to 4 tablespoons chives, "snipped" (with scissors)**

Mazola Mayonnaise and Variations

1 egg yolk
½ teaspoon salt
½ teaspoon sugar
¼ teaspoon paprika
½ teaspoon dry mustard
1 tablespoon vinegar
1 tablespoon lemon juice
1 cup Mazola

Place the egg yolk in a deep bowl. Add the seasonings and beat with a rotary beater until well blended. Add the vinegar and continue beating. Begin adding the chilled Mazola, 1 tablespoon at a time, beating after each addition until the mixture begins to thicken. Add the lemon juice, beat well, and then add the remaining Mazola, 2 tablespoons at a time, beating well after each addition.

—*Pictorial Review-Delineator*

Variations

Thousand Island Dressing

1 cup mayonnaise
1 tablespoon chopped green pepper
1 teaspoon grated onion
1 hard-cooked egg (chopped)
1 teaspoon chopped pimiento
⅓ cup chili sauce

Combine ingredients, blend well, and serve on greens or any other salad you may prefer.

Cream Mayonnaise

½ cup mayonnaise **½ cup heavy cream, whipped**

Fold whipped cream into mayonnaise and chill in refrigerator before serving.

Chili Mayonnaise

⅓ cup chili sauce **1 cup mayonnaise**

Mix well and chill before using.

Savory Mayonnaise

¼ cup chopped ham
2 tablespoons onion, finely chopped
2 tablespoons chopped pickle
1 cup mayonnaise
2 tablespoons hard-cooked egg, finely chopped

Stir all ingredients into mayonnaise and chill before using. This dressing is good on any green salad and especially good on a mixed vegetable salad.

—*Pictorial Review-Delineator*

Hearty Salad Bowl

(Illustrated below)

- 2 hard cooked eggs, chopped
- ½ cup shrimp broken into small bits
- 2 tomatoes cut into chunks
- 1 alligator pear cut into long slices
- ½ cup chopped celery
- 6 radishes, sliced
- 6 lettuce leaves pulled into small pieces

Dressing

- 1 cup Mazola
- 4 tablespoons vinegar
- ½ teaspoon mustard
- 2 teaspoons salt
- ¼ teaspoon pepper
- Few drops onion juice

Place all salad ingredients, well drained and chilled, into salad bowl. Mix dressing ingredients separately in small bowl; blend thoroughly. Just before serving, pour dressing over salad and toss until each ingredient is lightly coated with dressing. Serves 6.

—The Parents' Magazine

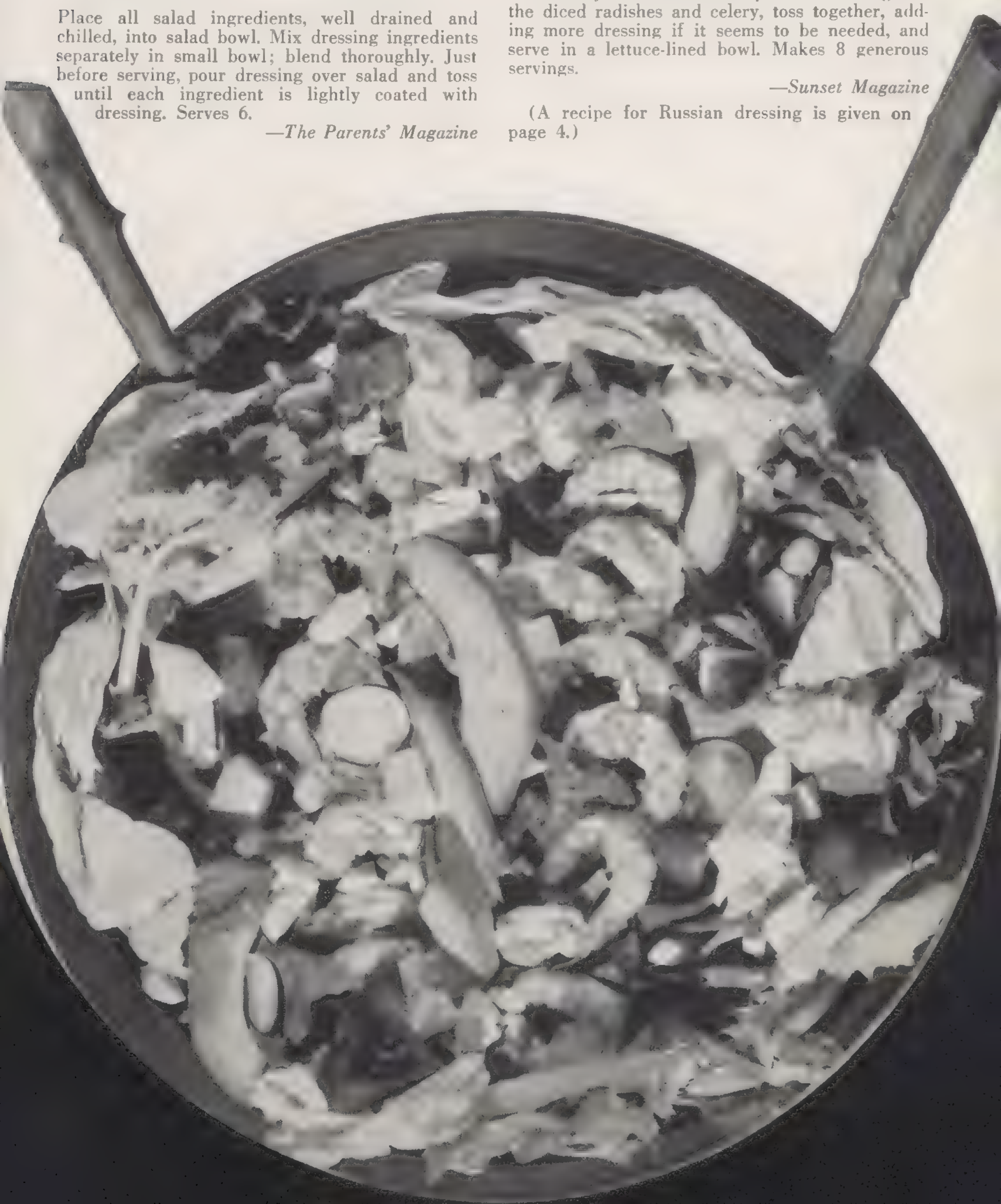
Extra-Special Potato Salad

- 3 or 4 large new potatoes, boiled in their jackets
- 1 medium-sized onion, grated or minced fine
- ½ teaspoon celery seed
- 1 teaspoon salt
- 2 teaspoons sugar
- ¼ teaspoon black pepper
- ½ cup (or more) Russian dressing
- ½ cup (or more) mayonnaise
- 1 tablespoon vinegar or lemon juice
- 3 bunches of radishes, diced not too fine
- 1½ cups diced celery (use outer stalks)

Peel the potatoes, cut in fairly small cubes, and while still warm add the seasonings and Russian and mayonnaise dressings mixed with the vinegar or lemon juice. Chill. Shortly before serving add the diced radishes and celery, toss together, adding more dressing if it seems to be needed, and serve in a lettuce-lined bowl. Makes 8 generous servings.

—Sunset Magazine

(A recipe for Russian dressing is given on page 4.)



Be a Salad-Artist!

A salad plate's a picture—and you are the artist! When you serve individual plates of salad, arranged beforehand, or when you serve salad onto plates from your big bowl, you get your chance to use all your artistic talent and creative skill!

Your salad plate is your "canvas," the lettuce or other salad green is your picture "frame" and your "palette" is the whole range of lovely colors to be found in our salad ingredients. *Greens*: the pale green of lettuce, the enchanting color of avocado, to the dark shades of cress, and ripe olives. *Yellows*: pale grapefruit, gold bananas, peaches, ruddy oranges, carrots, apricots. *Reds*: strawberries, beets, radishes, tomatoes! *Whites*: endive tips, potatoes, cauliflower—and so on, right around the rainbow! You may choose but two colors, or you may choose many—and garnishes (a dash of paprika, a green pepper ring, a radish rose) will help out your pallid salad every time!

Pattern and arrangement are important, too. The various forms are the familiar ones: the *circle*, the *star*, the *triangle*, the *square*, and the *petal* give us basic designs which we can apply to our salads. We have made several patterns in the illustrations in this booklet—study them, for design and color contrast.

Of course, contrast in texture and flavor is important too—for salad is to eat as well as see! So be sure your mellow avocado salad also offers crisp endive, your juicy pear is crowned with crunchy nut or chewy date. But—we're sure you get the idea; now on to artistic achievement!

Five Good Salads

Tomato Stuffed with Cherries and Cheese

Peel a firm ripe tomato. Cut slice from top and remove center. Fill with black cherries stuffed with well-seasoned cottage cheese. Arrange on crisp lettuce. Serve with Mazola French Dressing.

Orange-Fig Salad

Peel oranges. Cut in thin slices. Arrange with well-drained sliced figs on crisp lettuce or other salad greens. Serve with Mazola French Dressing.

Green Gage Plum Salad

Arrange 3 well-drained green gage plums and 3 small balls of well-seasoned cottage cheese on crisp salad greens. Garnish with Mazola Mayonnaise

Green Bean, Cauliflower Salad

2½ cups cooked green beans
1½ cups uncooked cauliflower, sliced
½ cup Mazola French dressing
Salt

Marinate beans and cauliflower separately in French dressing. Chill. Mix together lightly with a fork. Season to taste. Serve in individual portions on crisp lettuce.

—Household Magazine

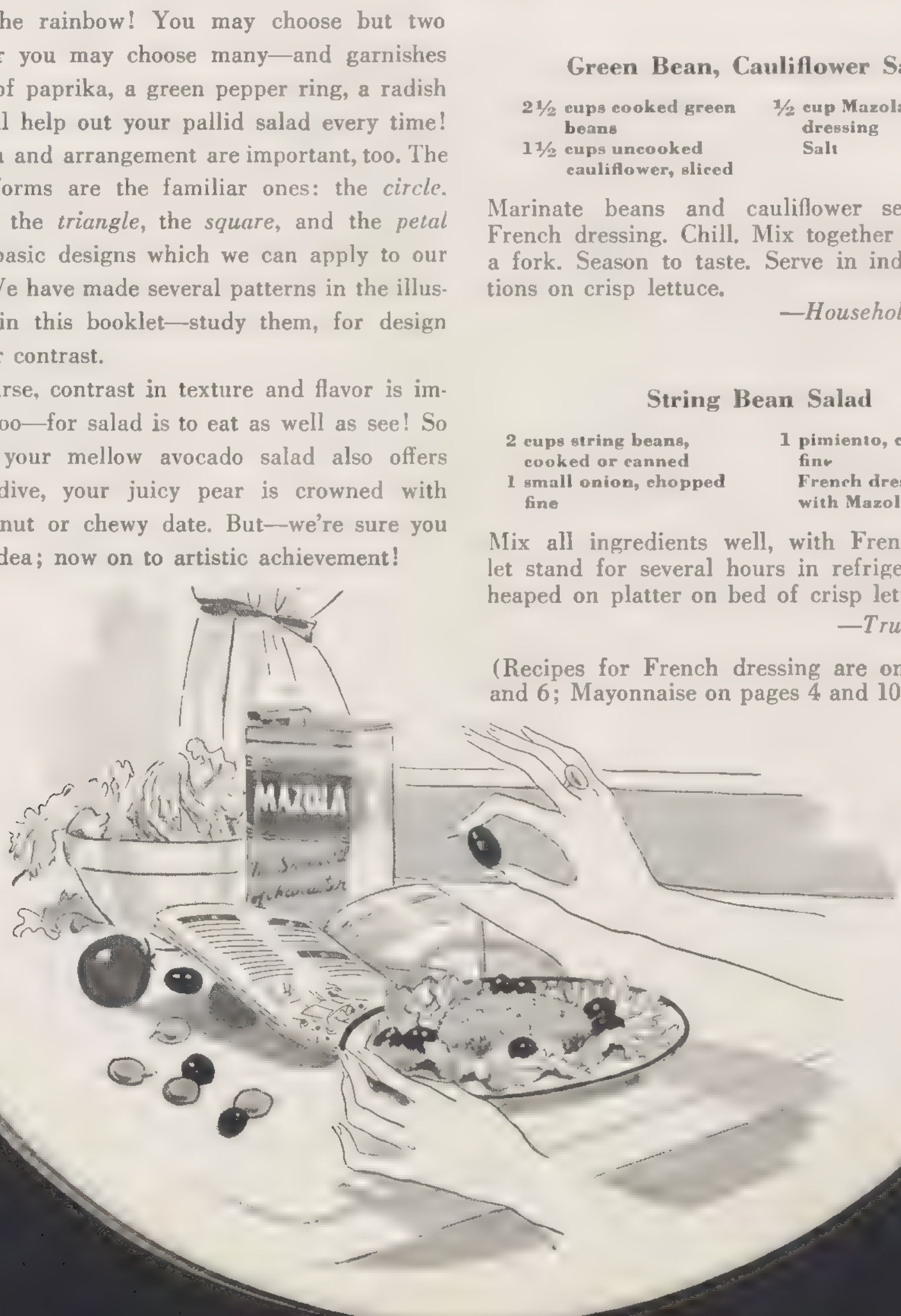
String Bean Salad

2 cups string beans, cooked or canned
1 small onion, chopped fine
1 pimiento, chopped fine
French dressing made with Mazola

Mix all ingredients well, with French dressing, let stand for several hours in refrigerator. Serve heaped on platter on bed of crisp lettuce.

—True Romances

(Recipes for French dressing are on pages 3, 5 and 6; Mayonnaise on pages 4 and 10.)



Sunburst Salad

(Illustrated below)

4 small artichokes
1 avocado
2 oranges
Fruit Salad Dressing

Cook artichokes in boiling salted water until tender (30 minutes to 1 hour). Drain and chill. Open out petals to form cup. Remove center leaves and spines, leaving heart. Cut avocado in half lengthwise. Peel and slice one half in thin slices. With French ball cutter, cut balls from remaining half. Peel oranges and separate into sections. Arrange overlapping slices of avocado and orange sections in circle in center of artichokes. Place 3 avocado balls inside circle. Serve with Fruit Salad Dressing. (Recipe on page 6.) Serves 4.

—McCall's

In the illustration of this salad, slices of pickled beet have been alternated with the orange segments. Pimiento ribbons or green pepper rings may also be used.

Norwegian Salad

1 cup cooked diced carrots
1 cup cooked diced beets
1 cup cooked diced potatoes
Mazola
2 tablespoons minced onion
1 cup diced smoked herring
¼ teaspoon ground allspice
Vinegar

Mix vegetables, fish and allspice. Add Mazola and vinegar to taste. Serve on bed of lettuce or endive. 6 servings.

—Child Life

Winter Vegetable Salad

1 cup well-drained canned tomatoes, chopped
1 cup shredded cabbage
½ cup diced celery
1 teaspoon scraped onion
Salt and pepper to taste
1 tablespoon vinegar
3 tablespoons Mazola

Combine tomatoes, cabbage, celery, onion, and season with salt and pepper. Sprinkle with vinegar and Mazola; toss lightly. Chill before serving. Serves 4.

—Better Homes & Gardens

The Trusty Male!

"Don't look now"—but you may have a salad-maker in the man of the household! Men seem to have a special knack for preparing salads and mixing salad dressings, especially the bowl varieties. Once exposed to the practise, men become proficient rapidly—and how proud they are of their creations!

It's the smart thing now for the man to make and serve the salad. The host in most households has been making and serving the beverages and refreshments to guests for years—why not the salad?

The term "chef's salad"—now applied to many of our tossed bowl salads—was originally applied to a custom introduced by fashionable restaurants. A goodly assortment of "makings"—washed and crisped greens, celery, etc. is brought in on a tray. Another tray holds the dressing ingredients —seasonings, vinegar or lemon juice, and Mazola —and the implements. Then the greens are sliced into the bowl, the dressing prepared and the whole mixed right before your eyes! The assortment most favored by the mixer becomes his own specialty, and is given his name, such as "Jim's Salad."

The next time you have a buffet or supper party, tie an apron around the nearest man, and let him go to work. (An open secret is the fact that it was a man who first thought of adding slivers of Swiss cheese, or crumbled Roquefort to a mixed green salad!)

Gold Coast Salad Bowl

2 grapefruit
2 oranges
Fruit Salad Dressing
Romaine
Endive
½ avocado
Mayonnaise

Peel grapefruit and oranges, removing sections whole. Marinate in Fruit Salad Dressing. (See recipe on page 6.) Chill. Line small salad bowl with alternate spears of romaine and endive. Pare and halve avocado: remove stone. Cut one half in serving-size pieces. Fit pieces together and place in center of salad bowl; fill cavity of avocado with mayonnaise. Arrange orange and grapefruit sections around center. Serve with extra dressing, if desired. Serves 4.

—*McCall's*

Anchovy Dressing for Spring Salad

6 cloves garlic
1 cup water
8 anchovies
1 tablespoon capers
6 tablespoons Mazola
2 tablespoons vinegar
3 drops Tabasco sauce
Dash red pepper

Boil garlic in water for 15 minutes, or until garlic is thoroughly tender. If a small quantity of water remains, use it in the dressing, although by this time it usually evaporates. Mash the garlic to a paste; add chopped anchovies and all other ingredients. Should there be too little liquid for the amount of vegetables, add 3 tablespoons of Mazola to every one of vinegar and salt and pepper to taste. Serve with a fresh vegetable salad. A good combination includes peas, beans, green pepper, tomatoes, chives, and cucumbers, also radish roses for garnish.

—*American Home*

Vegetable Salad Relish

1½ cups finely shredded cabbage
½ cup minced green pepper
½ cup diced celery
1 tablespoon minced onion
2 chopped pimientoes
Lettuce leaf cups

Combine vegetables, moisten with Mazola French dressing, and if desired, season still further with salt and pepper. Arrange in lettuce cups and fit into a salad bowl. Serve onto individual salad plates with salad fork and spoon.

This salad, served with a highly-seasoned dressing (see page 6) and garnished with capers, anchovies, pickled mushrooms or other desired ingredient, makes a good "appetizer" salad.

—*American Home*

Vegetable Salad

(Illustrated below)

Chill 1 can green beans, ½ can sifted peas, 1 can small green asparagus tips, cucumbers, and tomatoes cut in sections, celery cut in ½ inch pieces, green and red sweet peppers, a few cooked beets and carrots all cut in long strips. Marinate with a French dressing made as follows: Blend thoroughly 2 tablespoons sugar, 1 tablespoon paprika, 1 teaspoon salt, ½ teaspoon dry mustard; add ½ cup vinegar and 1 teaspoon horseradish. Add Mazola until rather thick, about ½ cup. Beat with an egg beater and allow a clove of garlic to stand in the mixture about an hour before serving; then remove garlic. Serve with crumbled bits of Roquefort cheese on top.

Successful Farming

Chicken Salad

1½ cups cooked chicken (cut in small pieces)
1 cup chopped celery
3 tablespoons French dressing
¼ teaspoon salt
Mayonnaise
Lettuce
Stuffed and ripe olives
Paprika

Combine chicken and celery; add the French dressing and salt. Allow to stand in the refrigerator 30 to 40 minutes. Moisten with mayonnaise and serve as individual salads on crisp lettuce the edges of which have been dipped in paprika. Garnish with stuffed and ripe olives. This makes 4 servings.

—Pictorial Review-Delineator

(A recipe for French dressing is given on page 5; for Mayonnaise on page 10.)

New: Serve Your Salad First!

Tired of soup or fruit cup or a juice for the first course of dinner? Then serve salad first!

Out of the West and Southwest came the custom of starting off dinner with a tart and peppy salad. It "caught on" all around the country and no longer do guests think the hostess made a mistake when they see small platefuls of salad on the service plate when they sit down to dinner.

Your first-course salad must, of course, be an appetizer. None of your sweet or heavy mixtures are appropriate—just the simple ones with zest and tang, and a good spicy dressing to tease the appetite and tickle the tongue.

Grapefruit or avocado with horseradish French dressing . . . thinly-sliced raw vegetables (cauliflower, carrots, tomatoes) on cress with Worcestershire sauce and minced chives in the French dressing . . . green pepper, cole slaw with mustard and pimiento in the French dressing—these are the type of combinations we like for a first course.

Garnishes are important too, for first-course salads. A single curled anchovy, an extra-fat olive, some pickled onions, or a stalk of stuffed celery accompanying the appetizer salad will help promise good-things-to-come to the guest.

"Melange" Salad with "Quick and Easy" Cooked Dressing

Salad

- 1 small can pineapple tidbits, (approximately 8 oz.)
- 1 small head cabbage, shredded
- ½ cup chopped celery
- ½ cup nut meats (salted peanuts, walnuts or Brazil nuts)

Salad Dressing

- 1 egg
- 2 tablespoons sugar
- 1½ teaspoons salt
- ⅛ teaspoon paprika
- 1 teaspoon dry mustard
- ¼ cup lemon juice
- ¾ cup Mazola
- 1 tablespoons cornstarch
- 1 cup pineapple juice and water combined

Drain and reserve juice from pineapple tidbits, placing fruit (approximately ⅔ cup) in refrigerator to chill, together with shredded cabbage and chopped celery. Measure the pineapple juice and add enough water to make the 1 cup liquid called for further on in the recipe. Place egg, sugar, seasonings, lemon juice and Mazola in a bowl, but do not stir. Moisten cornstarch to a smooth paste with half of the pineapple liquid mentioned above. Add remaining half-cup of liquid. Cook over low heat, stirring constantly, until mixture boils and is clear and thick. Add this hot cornstarch mixture at once to ingredients in bowl and beat briskly with rotary beater until smooth and thoroughly blended. Chill before using. Mix a generous amount of cooled dressing with the chilled "Melange" Salad "makings." Sprinkle with nut meats and serve in large, chilled bowl. If desired, riced cream cheese may be substituted for the nut meats.

Note: This dressing is delicious with all fruit salads. When used with meats, fish or vegetables, substitute all water for the combined pineapple juice and water specified here and double the amount of dry mustard.

—Modern Magazines

Fresh Fruit Salad

(Illustrated below)

2 cantaloupes
2 fresh peaches
1 cup cubed watermelon
1 cup cubed honeydew melon
½ cup strawberries, sliced
¼ cup Fruit French Dressing

Cut cantaloupe in half; remove seeds. Peel and cut peaches in wedges, and combine with cubed melons and sliced strawberries. Marinate with the Fruit French Dressing and place in the cantaloupe. Any combination suitable for a mixed fruit salad is attractive served in a half cantaloupe as a luncheon or party salad. This makes 4 servings.

—Pictorial Review-Delineator

In the illustration, the salad is shown served in a honeydew melon half, and surrounded with fresh mint. (A recipe for Fruit French Dressing will be found on page 6.)

Canned Kidney Beans and Frankfurter Salad Bowl

2¼ cups canned kidney beans (1 lb. 8½ oz. can)
1½ cups sliced, skinned, canned frankfurters
¾ cup French dressing
1 head lettuce
½ large Spanish onion, sliced, or ¼ cup minced onion
¾ cup sliced 2" sour gherkins

Remove all fat and salt pork from the beans. Add the frankfurters and sour pickles and ½ cup French dressing. Chill in refrigerator. Wash the lettuce, separate the leaves, and break into pieces. Arrange the bean mixture, the lettuce, and onion in alternate layers in a shallow salad bowl. Pour the remaining ¼ cup French dressing over all. Serve from the bowl. Serves 6.

—Good Housekeeping

Please Pass the Platter!

"Help Yourself" is always a sensible slogan; it's especially clever when it's a party and salad is served! The big bowl from which you serve yourself is a good idea too, but most festive is the platterful of individual salads, from which each guest chooses one.

Arrange your salads on a bed of greens, on a platter. Surround them with your favorite garnishes (which are to be eaten); put a bowl of salad dressing in the middle if you like—then please pass the platter!

You will find several salads suitable for platter serving in this booklet. (Notice the illustrations of Cranberry Hearts on page 29; of the Stuffed Tomato platter on page 21; and the Vegetable Salad on page 15.) As a rule, little gelatin molds, or "shells" of tomato, orange, pepper, etc. are best to serve in this manner; the only rule is that the salads must be easy to transfer from platter to individual plate.

If you like, you may have more than one kind of salad on your platter—have three or four kinds if you wish, so each may have his favorite.

"Platter service" is a bright idea for parties and large gatherings, but there is nothing to prevent your trying it on the family, too!

Sunday Night Salad

This salad is an excellent one for mixing at the table during the informal Sunday supper party. The various vegetables and greens are brought to the table on a tray after being thoroughly washed and chilled. A sharp knife should be at hand for slicing the vegetables that need slicing. Give one of the men the honor of preparing the salad; his assistant will have the responsibility of concocting the dressing!

1 clove garlic
1 bunch watercress
½ bunch chicory
½ head lettuce
3 stalks celery, chopped
3 heads endive
1 carrot, sliced
5 radishes, sliced
3 tomatoes, quartered
12 scallions (use tops)
3 slices of bacon, cut in small pieces and fried until crisp

Rub salad bowl with garlic. Break greens with fingers, add celery, radishes, tomatoes, carrots and scallions, the tops of which may be broken into the salad too. Add crisp bacon to the greens. Dress with Roquefort Cheese French Dressing. This makes 8 to 10 servings.

—Pictorial Review-Delineator

(A recipe for Roquefort Cheese French Dressing is given on page 6.)

Tuna Fish Salad on Pineapple Rings

1 (13 oz.) can tuna fish
1 cup diced celery
2 tablespoons minced green pepper
1 tablespoon lemon juice
¾ teaspoon salt
6 tablespoons mayonnaise
1 (No. 2½) can sliced pineapple
Lettuce

Combine all ingredients but pineapple and lettuce. Arrange drained pineapple, one slice on each bed of lettuce; top each slice with some of the tuna mixture. Serves 6. To serve 3, make half this recipe, using a 6¾ oz. can tuna fish.

—Good Housekeeping

Grapefruit Salad Cocktail

(Illustrated below)

Cut choice grapefruit in halves and cut out the core; then with a saw-edged grapefruit knife or sharp paring knife loosen the flesh of each segment from the skin and membrane walls, leaving the membranes undisturbed. Over each grapefruit half, trickle a teaspoonful of Mazola and add a few drops of Worcestershire sauce and a dash of salt. Serve on green beds of chicory or watercress.

—Sunset Magazine

In illustration, a clever means of decorating the grapefruit has been used. After grapefruit half has been cored and segmented, take a sharp knife and cut small bias slits or "gashes" at regular intervals around rim, in skin of grapefruit. Cut through peel but not white membrane. Then insert small green leaves (huckleberry leaves were used in picture) in each slit. This is also an effective way of decorating orange halves.

Julienne Salad

1 small head of cabbage, finely shredded
1 large raw carrot, shredded
1 green pepper, shredded (may be omitted)
3 tart red apples, diced
1 cup celery, cut into long, slender strips

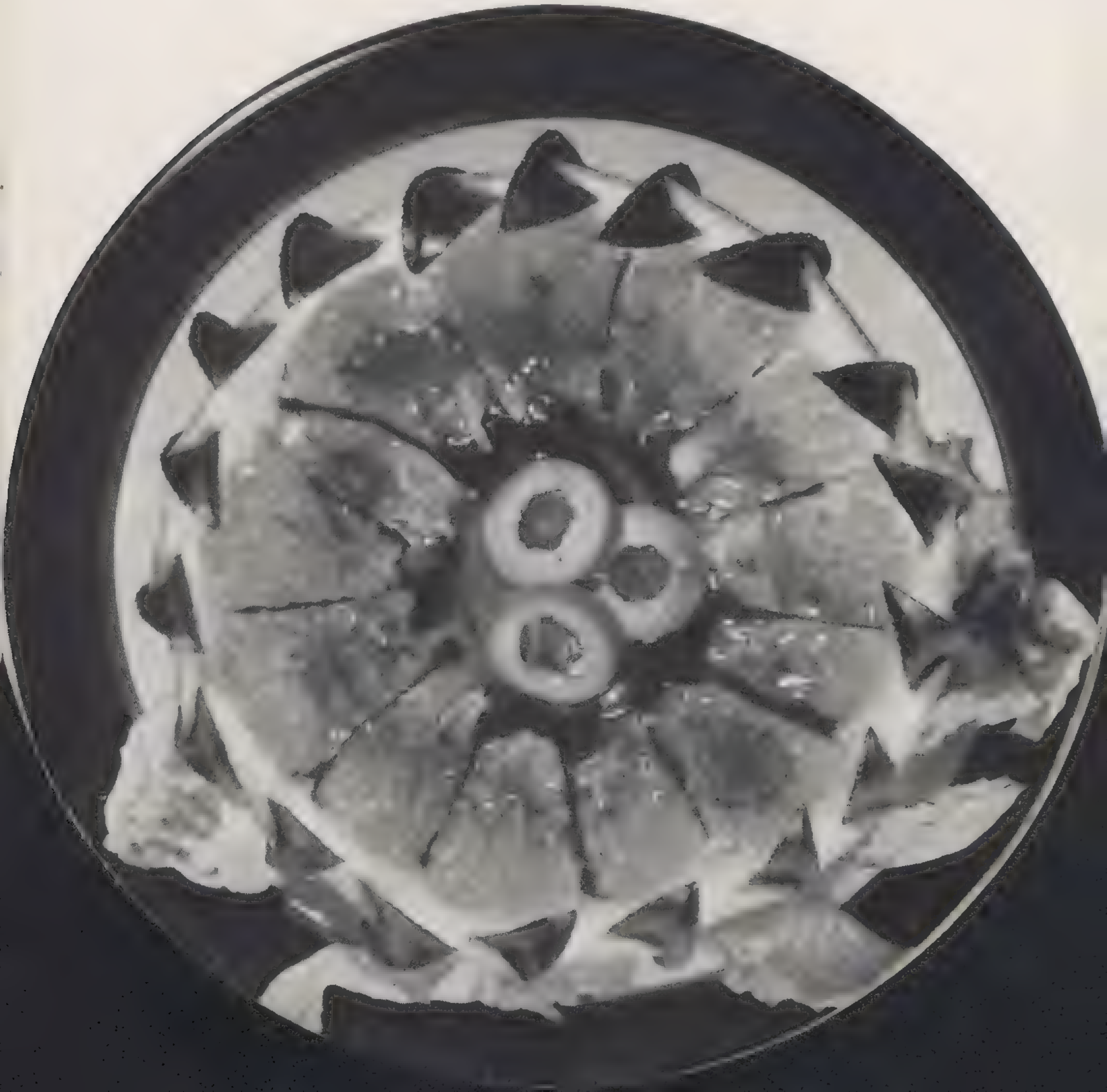
The vegetables should be cool and crisp. Mix lightly and serve with Salad Dressing Supreme. Serve at once. Serves 8.

Salad Dressing Supreme

1 ½ cups sugar
1 cup water
1 teaspoon salt
1 teaspoon celery salt (may be omitted)
1 teaspoon paprika
4 tablespoons vinegar
½ cup lemon juice
2 teaspoons grated onion
2 cups Mazola
½ cup tomato catsup

Cook the sugar and water together until thick as molasses. Cool slightly and add the remaining ingredients. Beat with a rotary beater until a smooth emulsion is formed. Cover and store in cool place. Makes about 1 quart.

—Successful Farming



"Slim" with Salad

Slimming? Salads will help you! Of course you must forego those hearty salads, replete with eggs and cheese and creamy mayonnaise which are nutritious, delicious—and filling. But, those-who-would-be-slender can find plenty of tempting salads which are chockful of vitamins but contain scarcely a calorie to count!

Fresh fruits, crisp greens, raw and cooked vegetables—these add no pounds, but serve to "help you alkalize" and give you roughage—so necessary in the slimming diet.

The salad dressing for the silhouette-watcher will be a simple French one, of course—and you will be pleased to know that Mazola is one of the most easily and quickly digested of all the salad oils.

For the club luncheon or afternoon bridge-party, when some of "the girls" are practically certain to be on a diet, you can play safe by serving salad. A mixed salad bowl, or one or two kinds on each plate with a rye wafer and some good coffee will form your menu. Then, for those who do not watch the scales, add some hot biscuits, a little jam, and a simple dessert. (If you don't care about your friends' foibles you can, of course, create one of those lovely and rich salads we all like so much—it's up to you!)

For your "slimmers," try any or all of the simple salads given in this book. You'll like too: tomatoes stuffed with raw vegetables; orange segments and sliced bananas or watercress; grapefruit segments in an aspic ring surrounded by cole slaw; raw cabbage, green pepper and carrot strips; cantaloupe balls, dates stuffed with cottage cheese and large red, canned or fresh cherries. And Mazola French dressing, every time!

Chicken Olive Salad Mold

2 tablespoons gelatin
¼ cup cold water
1 cup water
1½ tablespoons vinegar
1 tablespoon sugar
½ teaspoon salt
1 teaspoon prepared mustard
2 tablespoons Mazola
2 tablespoons tomato catsup
2 eggs, well beaten
½ cup Mazola Mayonnaise
2 cups cooked chicken, flaked
½ cup celery, minced fine
1 cup sliced ripe olives
⅓ cup sliced pimientoes

Soak gelatin in ¼ cup cold water 5 minutes. Combine water, vinegar, sugar, salt, mustard and Mazola and bring to scald. Add soaked gelatin and stir to dissolve. Cool. Add beaten eggs, catsup and mayonnaise, and whip thoroughly. Add flaked chicken, celery, olives and pimientos. Pour into well-oiled large mold and chill. Unmold, garnish with lettuce, wedges of ripe tomato, and whole ripe olives. Serves 6.

—*Screen Book*

(A recipe for Mazola Mayonnaise is on page 10.)

Swiss Salad with Special Dressing

1 bunch watercress
½ green pepper, chopped
1 small cucumber, sliced
12 radishes
Special Dressing
½ cup grated packaged Swiss cheese

Wash and pick over watercress. Dry thoroughly. Place watercress in refrigerator until cold and crisp. Just before serving time place watercress in large salad bowl. Add chopped green pepper, cucumber, pared and sliced thin, and thinly sliced radishes. Add Special Dressing, tossing salad lightly in bowl with salad spoon and fork until thoroughly moistened. Grate Swiss cheese over top of salad, using a large grater so that cheese forms into long thin strips. Serve at once in same bowl.

Special Dressing

½ cup ketchup
½ cup Mazola
¼ cup vinegar
Juice of 1 lemon
1 tablespoon finely minced onion
¼ cup sugar
1 teaspoon salt
1 teaspoon paprika

Mix all ingredients together in a jar that has a tightly fitting cover. Screw cover onto jar, place salad dressing in refrigerator to chill. Just before using, shake dressing in jar until ingredients are thoroughly blended.

—*Modern Magazines*

Salad Plate

(Illustrated below)

6 medium tomatoes
Salt
Pepper
1¼ cups canned tuna fish
½ cup diced cucumber
1 teaspoon lemon juice
3 tablespoons mayonnaise
6 tablespoons French dressing
30 stalks cooked asparagus
6 lettuce leaves
6 strips of pimiento
12 deviled egg halves
Stuffed and ripe olives

Cut a slice from stem end of tomatoes and remove pulp. Sprinkle with salt and pepper and invert tomato on plate to drain. Chop and drain tomato pulp, mix 1 cup of this with tuna fish, cucumber, lemon juice, and mayonnaise. Season with salt and pepper; chill. Pour the French dressing over the hot asparagus, and chill. Before serving, fill tomatoes with tuna-fish mixture; arrange on large round platter on lettuce leaves. Between the tomatoes arrange servings of asparagus and place a strip of pimiento on top. Around the edge of the platter arrange the deviled eggs; garnish with slices of stuffed olives and small wedges cut from ripe olives. This makes 6 servings.

—Pictorial Review-Delineator

Grand Slam Salad

1 tablespoon granulated gelatin
¼ cup cold water
1¼ cups tomato juice
2 tablespoons vinegar
2 tablespoons lemon juice
Salt to taste
1 cup shrimp, halved lengthwise
½ cup diced celery
¼ cup blanched almonds, chopped
1 cup Lemon Mayonnaise
¼ cup whipped cream

Soften gelatin in cold water and dissolve over boiling water. Add tomato juice, vinegar, lemon juice and salt; chill until partially set, and add shrimp, celery, and almonds. Pour into ring mold. chill; unmold and serve on crisp lettuce. Fold whipped cream into Lemon Mayonnaise and serve with salad. Serves 8.

Lemon Mayonnaise

1 egg
1 cup Mazola
1 tablespoon prepared mustard
1 tablespoon sugar
¼ teaspoon salt
2 tablespoons lemon juice

Beat egg and Mazola in electric mixer using high speed. When stiff add remaining ingredients. Beat slowly until well blended. Makes about 1½ cups.

—Better Homes & Gardens

Salad Etiquette

Questions and Answers

Q. ***Should one eat the lettuce or salad green under the salad?***

A. Yes. It is a part of the salad, is intended to be eaten, and polite guests will eat at least a little.

Q. ***May lettuce be cut with a knife?***

A. Yes, if necessary—providing the knife has a silver blade. (This custom arose because steel knives turned black.) Most hostesses serve salad that does not require cutting, but in many homes a salad knife is always provided with leafy salads.

Q. ***May salad be served with the meat course?***

A. Yes, a simple tart salad may be served right with the meat course. The individual salads are placed at left of dinner plate. When salad is a separate course, place it directly in front of the guest, after removing the dinner plate.

Q. ***Where does the salad fork go, in the table setting?***

A. The salad fork goes to the left of dinner plate, then come the meat fork and, left of that, the fork for fish or entree. If a salad knife is used, it goes at right, next to the plate.

Q. ***May salad be passed?***

A. Yes, and this is an effective way to serve salad at a party or buffet supper. Be sure, however, that each individual salad is easy to remove from the platter.

Q. ***Is salad ever eaten from the dinner plate?***

A. When garniture salad is served, such as a bit of slaw or similar mixture, to accompany meat or fish course, it may be eaten right on the dinner plate—either taken with a spoon or served as a garnish.

Q. ***Must salad always have a plate to itself?***

A. For parties, such as bridges, teas or luncheons, what the restaurants call a "club plate" may be used—the salad (in lettuce cup or shell) is then right on the large plate, with the other foods grouped on the same plate.

Q. ***Should dressing be passed, even when the salad has been prepared with salad dressing?***

A. This is at the discretion of the hostess. Some salads are served without dressing, so that their beauty of arrangement will not be marred, and these require the passing of dressing. Too, some guests may prefer more dressing, and it is courtesy to permit them to have it.

A Quartette of Salad Bowls

Green and Gold Salad

Shred well-washed, tender raw spinach leaves and mix with ⅓ as much grated raw carrot. Dress with French dressing or thin tart mayonnaise, top with sliced hard-cooked eggs, and serve at once.

Bermuda Salad Bowl

Easier to manage than the old familiar sliced-orange-and-onion salad is this one, and even better to eat. For each 2 persons to be served allow 1 large orange, 1 crisp tart apple, and 2 slices of mild white onion. Peel the orange, cutting away all the white outer membrane, then cut out the segments. Dice the apple and mince the onion, and add to the orange. Blend with well-seasoned French dressing made pink with paprika, and serve in a lettuce-lined bowl.

Grapefruit Green Salad

In a big bowl mix torn leaves of head lettuce, chicory, and romaine or watercress. Add diced celery, sliced radishes, and grapefruit segments in any desired proportions, and sprinkle with celery seed and with chopped chives or green onions. Diced avocado also may be added. Dress with French dressing made with grapefruit and lemon juice, with a little ketchup added. Toss and serve.

—*Sunset Magazine*

Spring Garden Salad Bowl

10 radishes
2 cucumbers, uniform size
⅓ cup sliced scallions
½ cup chopped celery
1 bunch watercress
Tangy French dressing

Slice radishes; peel, score and slice cucumbers and combine with scallions and celery. Serve on watercress with Tangy French dressing in a salad bowl. (See recipe on page 6.) Serves 4.

—*McCall's*

Grandfather's Egg Salad

(Illustrated below)

1 head lettuce
6 medium onions
12 hard cooked eggs
2 tablespoons vinegar
4 tablespoons Mazola
1½ teaspoons salt
¼ teaspoon pepper
Dash paprika
1 teaspoon Worcestershire sauce
¼ cup grated sharp cheese
1 tablespoon minced parsley

With lettuce leaves line a salad bowl, china or glass preferred, unless you don't mind a persistent flavor of Worcestershire sauce in your wooden bowl. The little lettuce leaves from the garden are supreme for this. Fill with alternate layers of sliced hard cooked eggs and sliced onions. Over this pour the dressing made by beating together the vinegar, Mazola, salt, pepper, paprika, and Worcestershire sauce. Sprinkle with the cheese and garnish with parsley. Serves 6 to 8 people.

—American Home

Chiffonade Salad and Salad Dressing

Line a large salad bowl with crisp lettuce leaves. Break small pieces of chicory and romaine into bowl. Add quartered, peeled, ripe tomatoes and a few sprigs of watercress. Pass Chiffonade Dressing in separate bowl.

Chiffonade Dressing

To a French dressing made with ½ teaspoon salt, ¼ teaspoon paprika, ½ teaspoon sugar, 2 tablespoons vinegar and ½ cup Mazola add 1 teaspoon each of chopped beets, chopped parsley, chopped green pepper and chopped whites and yolks of hard-cooked eggs. Add also ½ teaspoon minced chives or white onions.

—Modern Screen

Salad in a Party Dress

Save your simple salads, your tossed bowl salads for the supper or luncheon party; for real festivity let's have salads molded . . frozen . . sweet . . and fancy! Let's have salads gay with color, luxurious with garnishes, resplendent in fancy shapes, when a party's on!

You will suit your party salad to the occasion and to the season, of course. You will decide whether your salad will be the main course, the dessert, the salad and dessert in one, or the whole thing! You will get out your best equipment, your finest plates; for here's your chance to serve the prettiest dish of the year.

The Tomato Jelly Ring (see next page) or that Bunch of Grapes (page 31) will give you two pretty party ideas. Remember your refrigerator will help you turn out frozen delights, that you can always mold your favorite salad in aspic or gelatin (if you don't have molds, use your muffin tins!) or serve it in orange "baskets" or cups of lettuce, tomato, and the like.

Garnishes for Sweet and Fancy Salads

Cheese balls rolled in chopped nuts
Canned red cherries stuffed with salted almonds
"Pink edged lettuce"—lettuce leaves with their edges dipped into paprika, which has been sprinkled on a plate
Dates stuffed with peanut butter, cheese or nuts
Pimiento stars (cut with sharp knife or around a paper pattern)
Melon balls (easy with a little "scoop")
Green pepper rings (just slice seeded peppers crosswise)
Aspic cubes or slices (or use gelatin in approved color)
Strawberries dipped in powdered sugar
Mint or maraschino cherries (you can cut them through and make "petals")
Pineapple fingers (fresh, canned or crystallized)
Orange segments
Banana "dollars" — bananas "scored" with a fork, lengthwise, and then sliced crosswise, to make "scallop-edged" slices
Mint leaves . . Candied fruit peel . . Tiny hard candies

Christmas Wreath Salad

1 package strawberry-flavored gelatin
1 cup hot water
Juice of ½ lemon
½ cup diced celery
½ cup crushed pineapple, drained
1 cup thick cranberry sauce
3 cups Waldorf salad
1 cup Creamy Fruit Dressing
¼ cup minced green pepper

Dissolve gelatin in hot water, chill until partially set, and add lemon juice, celery, pineapple and cranberry sauce. Pour into ring mold and chill until firm. Unmold on crisp lettuce and fill center with Waldorf salad (diced apple and celery), tossed with Creamy Fruit Dressing. Top with whole Queen Anne and Bing cherries. Pass Creamy Fruit Dressing sprinkled with green pepper. Serves 8.

Creamy Fruit Dressing

Blend ⅔ cup sugar and 2 tablespoons flour in double boiler; add 2 beaten eggs, 2 tablespoons Mazola, juice of 1 lemon, juice of 1 orange, and 1 cup pineapple juice; cook until thick, stirring constantly. Cool and fold in 1 cup whipped cream.

—Better Homes & Gardens

Tomato Mayonnaise

2 medium-size firm tomatoes
Yolks from 2 hard-cooked eggs
1 raw egg yolk
½ teaspoon salt
2 drops Tabasco sauce (may be omitted)
1 teaspoon scraped onion
1 tablespoon vinegar (if desired)
½ cup Mazola

Dip tomatoes in scalding water long enough to loosen the skins. Drop in cold water to cool, then peel. Cut into halves, crosswise, and with the pointed tip of a spoon lift out the seeds. Place in a bowl and chop very fine, then drain in a sieve while preparing the rest of the dressing. Mash the cooked egg yolks with a fork, add the raw egg yolk, salt, and Tabasco sauce and beat vigorously. Add the oil, a little at a time, and continue beating until the mixture holds its shape. (A little more oil may be needed.) Add the onion and the vinegar. When ready to serve, fold in the tomato pulp. This first mixture may be made ahead of time since it keeps perfectly, covered, in a cool place. Add the tomato pulp when ready to serve. Tomato Mayonnaise is delicious over crisp salad greens, or as an accompaniment to fish, mutton, or roast beef. Makes ¾ pint.

—Successful Farming

Tomato Jelly Ring

(Illustrated below)

2 cups tomato juice
1 small bay leaf
3 or 4 whole cloves
2 slices onion
Salt and pepper to taste
1 teaspoon lemon juice
1 package lemon-flavored gelatin
1 cup finely cut celery
1 cup shredded cabbage
Mazola Mayonnaise

Simmer tomato juice, bay leaf, cloves, and onion for 15 minutes. Strain, add salt, pepper, and lemon juice. Measure liquid and add hot tomato juice to make 2 cups. Pour over lemon gelatin, stir until dissolved; chill until partially set. Add celery and turn into 7-inch ring mold; chill until firm. Turn on to large serving plate, garnish with parsley and fill center with shredded cabbage seasoned with salt, pepper, sugar, lemon juice and Mazola Mayonnaise to moisten. Sprinkle generously with paprika. Serves 6.

—Better Homes & Gardens

(A recipe for Mazola Mayonnaise is given on page 10.)

Half-Pint Mayonnaise

Home-made mayonnaise is at its best when fresh. though it may be kept if placed in the least-cold section of the refrigerator. This small recipe makes 1 cupful.

½ teaspoonful of salt
½ teaspoonful of sugar
1 cupful of Mazola
1 egg yolk
1 tablespoonful of vinegar or lemon juice
½ teaspoonful of dry mustard
Dash of cayenne

In a small, deep, round-bottomed bowl mix the egg yolk with the seasonings and the vinegar or lemon juice. Add a tablespoonful of Mazola and beat briskly with a rotary beater until smoothly mixed. Add another spoonful of Mazola and beat again. Continue until the mayonnaise begins to stiffen, after which the Mazola may be added 2 tablespoonfuls at a time, beating thoroughly after each addition.

—Sunset Magazine

Salad Under the Sky

"Al fresco" is the fancy word for "outdoors" (comes from the Latin word for fresh) and *dining* al fresco is where salad shines its brightest.

A picnic just *isn't* one unless salad goes along (take it in a screw-topped glass jar or a vacuum bottle or even in a waxed container). Or, take the "makings" and mix it right there—tomatoes to slice, lettuce to tear apart, an onion to cry over you can toss yourself a salad bowl under the sun. (Reminder: Mazola carries beautifully in its convenient can with the spout and fitted cover.)

Potato salad used to be the picnic "standby" (there's a good recipe for it on page 11). But any good mixture that is full of flavor and sustenance is very good too—cole slaw, a good fish or meat mixture, a fruit or vegetable combination. You will probably prefer a Mazola mayonnaise or cooked salad dressing for your picnic salads, for the easiest way, if you take them in a jar, is to mix all together before you leave—and the mayonnaise holds together the ingredients, keeps them fresh and moist.

Picnics and outings aren't the only place for salad "al fresco"—what's the matter with your terrace, your garden, or your porch?

And here's a not-new but a wonderful idea: make up your favorite salad mixture; get long "finger" rolls, then cut a long slit in each one, lengthwise: take out some of the stuffing with a fork. Fill the cavity with your salad, close the roll—and presto! salad and sandwich all together!

Cheese Macaroni Salad

2 cups cooked seasoned macaroni
¼ cup shredded uncooked carrots
1 green pepper or pimiento shredded
1 cup cooked peas
Salt and pepper
Mazola Mayonnaise Dressing
Cheese Balls or Stuffed Olives
1 cup diced celery

Chill macaroni. Combine with celery, peas, carrots, and pepper or pimiento. Season to taste. Moisten with Mazola mayonnaise. Mix lightly with 2 forks. Serve on any crisp salad green. Garnish with cheese balls or with diced stuffed olives.

—Household Magazine

This is a good picnic salad for it "carries well" in glass jar. (A recipe for Tomato Mayonnaise is on page 24—suggested as also suitable for this salad.)

Frozen Fruit Salad

1 banana
¾ cup diced, canned pineapple
½ cup chopped maraschino cherries
½ cup orange juice
¾ cup halved seedless grapes
⅔ cup heavy cream
¼ cup Mazola Mayonnaise
Lettuce

Cube banana. Combine fruits and juice. Whip cream, add mayonnaise and fruits. Freeze in tray of automatic refrigerator 3 hours. Serve on lettuce. Serves 4.

—McCall's

(A recipe for Mazola Mayonnaise is on page 25.)

Lettuce Salad with Chutney Dressing

1 tablespoon chopped-hard-cooked egg
1 tablespoon chopped chutney
¼ teaspoon curry powder
9 tablespoons Mazola
1 teaspoon granulated sugar
¼ teaspoon salt
Speck pepper
3 tablespoons vinegar
1 tablespoon lemon juice
Head lettuce

Combine all the ingredients but the lettuce, and chill. Beat well with a fork before serving on crisp lettuce leaves. Serves 6. To serve 2 or 3, make half this recipe.

—Good Housekeeping

Kris Kringle Salad

(Illustrated below)

1¼ cups water
½ cup sugar
¼ cup cinnamon candies
2 apples, pared, halved, and cut in wedges
2 avocados, cut in wedges
Celery Seed Dressing

Make syrup of water, sugar, and cinnamon candies; add apples, cook until just tender, and chill. Arrange alternate wedges of avocado and apple on crisp lettuce. Pass Celery Seed Dressing. This makes 4 servings.

Celery Seed Dressing

Combine ½ cup sugar, ¼ cup vinegar, ⅛ teaspoon salt, ⅛ teaspoon mustard, 1 teaspoon paprika; bring to boiling and cool; add 1 cup Mazola slowly, beating constantly. Soak 1 teaspoon celery seed in 2 tablespoons water overnight, if possible. Drain and add to dressing.

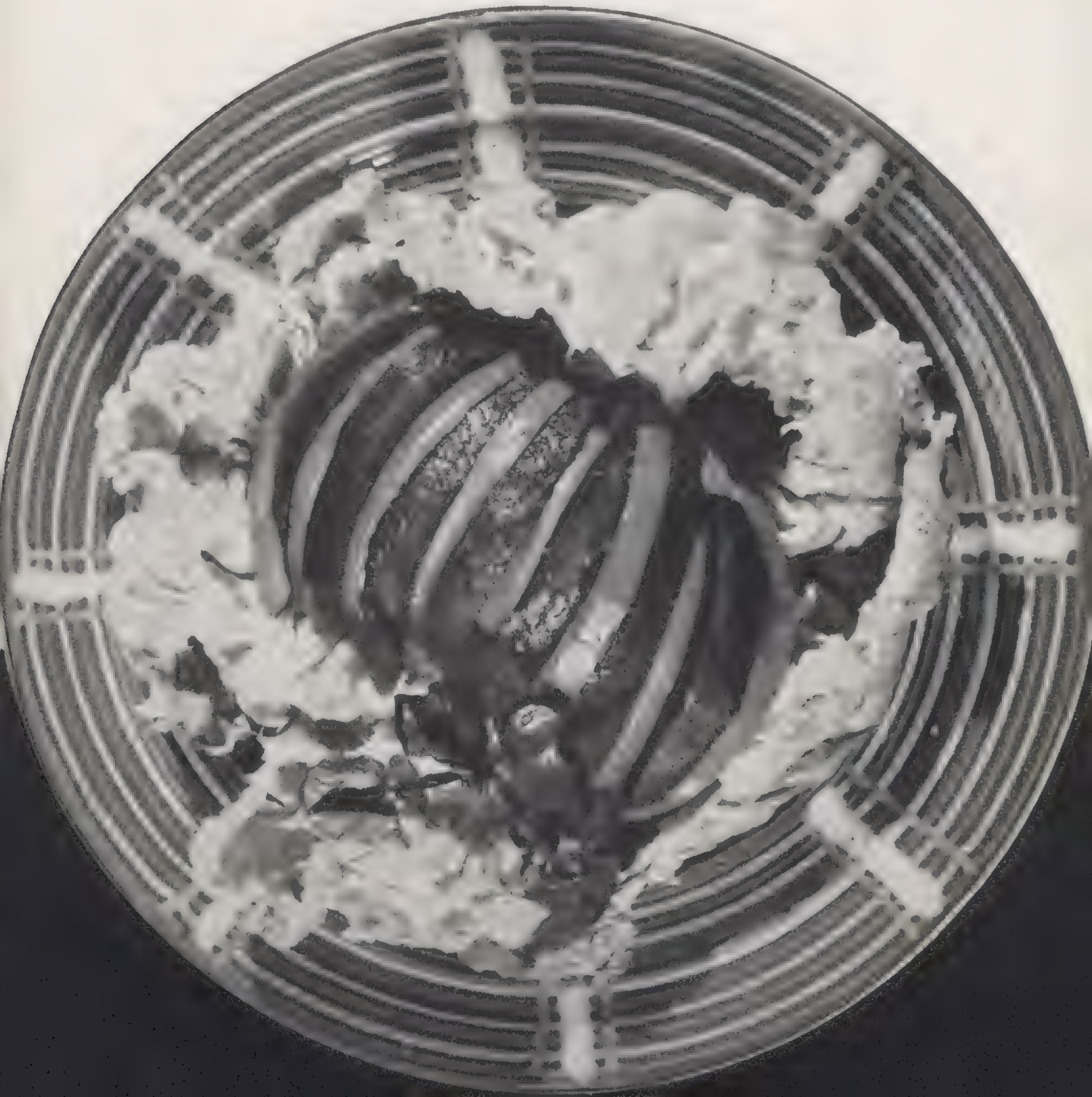
—Better Homes & Gardens

Jellied Chicken and Grape Salad

¼ cup cold water
1 tablespoon granulated gelatin
1 cup boiling water
¼ cup granulated sugar
½ teaspoon salt
3 tablespoons lemon juice
2 tablespoons vinegar
1 cup seedless or seeded grapes
¼ cup diced canned pimiento
1 cup diced cooked or canned chicken
½ cup Salad Dressing
Lettuce

Pour cold water into bowl, sprinkle gelatin on top. Add the boiling water, sugar, and salt, and stir until dissolved. Add the lemon juice and vinegar, and chill. When slightly thickened, add the grapes, whole or in halves, the pimiento, and the chicken and salad dressing which have been mixed together. Pour into a loaf pan 8½" x 4½" x 2½" and chill until set. Unmold on a platter and garnish with lettuce leaves. Serve in squares. Serves 6. To serve 2 or 3, make half this recipe.

—Good Housekeeping



Some Smart Salad Suggestions

ONION JUICE without tears and trouble: sprinkle salt on surface of a cut onion; then scrape onion with spoon to extract juice.

A WEDGE of good cheese may be served right along with the salad—men will bless you for it.

ARTICHOKES for salad should first be cooked in boiling, salted water to which a tablespoon of Mazola has been added.

HOT MAYONNAISE may be served whenever you would serve Hollandaise Sauce—on asparagus, broccoli, etc.

BOATS LAUNCH your salad course in good style: to make cucumber boats, peel cucumbers, cut lengthwise, scoop out some of the middle and fill with salad mixture. Romaine leaves make good "boats" in which to serve salad, and so do bananas, cut lengthwise.

PINEAPPLE ROUNDS with edges dipped into paprika are a pretty, toothsome salad ingredient; just roll the edges in paprika which has been sprinkled generously onto a plate.

"GOLDEN DUST" is egg yolk, forced through a sieve and used to sprinkle on your green salads. Leftover egg yolks may be "poached" in boiling water, then drained, cooled and used in salads.

NASTURTIUM LEAVES are an effective salad garnish; you may even serve your salad on them!

HERBS for salad dressing may include these, if your tastes lead you in such directions: Thyme, Anise; Caraway; Fennel; Sorrel.

HASTEN the blending of your French dressing with an egg beater. A small piece of ice will cool the ingredients as you beat, and will hasten the blending too.

TO STORE your Mazola French Dressing in the refrigerator just pour it in a glass jar with a tightly fitting top. Shake well before using.

STUFFED CELERY is familiar to you—but have you tried slicing stuffed celery (crosswise) and using it as a salad garnish?

DILL PICKLES can also be cored (with an apple corer or sharp knife), stuffed with a mixture of Roquefort and cream cheese, and sliced.

Fairy Fruit Salad with Dressing

½ cup each diced peaches, orange, apple, celery, pineapple and banana
¼ cup diced candied cherries
Lettuce
Honey Cream Dressing

Combine fruits and celery and moisten with a portion of the dressing. Chill and serve on lettuce, garnishing with remaining dressing.

Honey Cream Dressing

½ cup strained honey
3 beaten egg yolks
½ cup Mazola
½ teaspoon salt
Dash of paprika
3 tablespoons lemon juice
1 cup cream, whipped

Heat honey to boiling point, pour slowly onto beaten egg yolks, beating constantly, then cook one minute over hot water (double boiler), still stirring. Remove from fire and beat until as thick as mayonnaise—about five minutes—then pour in gently the Mazola, salt and paprika and beat two minutes longer. Cool, and just before serving add lemon juice and fold in cream.

—Woman's World

Ripe Olive Mayonnaise

¼ cup vinegar
¼ cup Mazola
½ cup water
1 teaspoon prepared mustard
2 tablespoons sugar
1 teaspoon minced onion
1 teaspoon salt
1 teaspoon cornstarch
2 eggs, beaten well
¼ cup mayonnaise
Few drops Tabasco sauce
¾ cup chopped ripe olives

Blend vinegar, Mazola, water, mustard, sugar, salt, onion and cornstarch and bring to a boil. Beat slowly into beaten eggs. Reheat about 1 minute, but do not boil. Add mayonnaise and Tabasco, and blend smooth. Chill. Add olives. Serve with salad or hot vegetables.

—Screen Book

Spring Salad

Place in a large salad bowl 1 quart small tender lettuce leaves mixed with a few chopped mustard leaves. Add ½ cup thinly sliced, tiny red radishes and ½ cup diced green onions. The vegetables must be crisp and cold. The top may be garnished with a few slices of hard-cooked egg. Pour Mexican Salad Dressing over all and serve at once.

Mexican Salad Dressing

1 teaspoon sugar
½ teaspoon salt
⅛ teaspoon curry powder
⅛ teaspoon paprika
¼ cup vinegar
2 hard-cooked egg yolks, sieved
½ cup Mazola

Mix dry ingredients, add vinegar, Mazola, and egg yolks and beat thoroughly. Serve cold over Spring Salad.

—Successful Farming

Cranberry Heart Salad

(Illustrated below)

2 cups cranberries
1 cup sugar
1 tablespoon gelatin
½ cup cold water
Few grains salt
½ cup chopped nuts
¾ cup diced celery
Mazola Mayonnaise Dressing

Wash cranberries. Cover with cold water. Cook until tender. Add sugar. Cook 5 minutes. Soften gelatin in cold water. Add gelatin and salt to cranberries. Stir until dissolved. Chill until partly set. Add celery and nuts. Mix thoroughly. Pour into heart-shaped molds. Chill until firm. Unmold. Serve on crisp lettuce. Garnish with Mazola mayonnaise.

—Household Magazine

In the illustration white curly endive was used to suggest the lace paper of a valentine.

(A recipe for Mazola Mayonnaise is given on page 10.)

Three Fruit Salad Plate

6 lettuce leaves
12 canned pineapple sticks
1 cup orange, chopped
1 cup bananas, sliced
½ cup Cream Mayonnaise
1 (3 oz.) package cream cheese
1 tablespoon cream
6 pecan halves

Arrange lettuce leaves on salad platter; on each leaf place 2 pineapple sticks. Mix chopped oranges and bananas with Cream Mayonnaise. Place a heaping tablespoon of the mixture on pineapple sticks. Soften cheese with the cream and make into 6 balls, pressing a half pecan into center of each ball. Use these to garnish the salad. This makes 6 servings.

—Pictorial Review-Delineator

(A recipe for Cream Mayonnaise is given on page 10.)

For the Youngest Generation

A chicken on its nest, a smiling doll-face in a bonnet, a cunning apple basket—are *salads*, for the children.

Salad is a splendid way to get more greens and fruit into the child's diet. Salad is perfect to serve for children's parties. And salad in the form of "make believe" animals, flowers, or other familiar objects, not only gets "eaten right up" but sends a grin over every small face!

On this page you will find some suggestions for children's salads; there are others suitable for youngsters throughout the booklet. You will, naturally, choose only simple salads and avoid highly seasoned dressings or "exotic" foods. And you might like these too:

Apple Baskets: **Hollow out red apples; fill with chopped dates, celery and apple cubes, lightly tossed with cream mayonnaise. If you are clever, you can cut a handle from the basket!**

Fried Eggs: **On a bed of white chicory, minced, or shredded lettuce, place some mayonnaise or simple salad dressing, and a mound of chopped nuts. On this lay two peach halves, face down to form "yolks" of eggs.**

Lazy-Daisy: **On a lettuce bed (on each plate) arrange segments of orange to form petals of flower. In center place a mound of mayonnaise. Atop mayonnaise lay strips of dates (cut lengthwise) radiating from center.**

Jack's Candlestick: **Use a banana for the "candle," a straight-cut slice of pear for the base, and a half-pineapple ring for the candlestick holder. A strip of pimiento is the candle's "wick" and a fluff of mayonnaise the flame.**

There is one school of thought which believes that salad "made to look like things" is in poor taste for adult serving. But the old rule still holds—if it gives you and your guests pleasure, make "ducks" or "posies" for the grown-ups too! They're amusing to make—and fun to eat!

Four Salads for Children

Peach or Pear Curly-Top Salad

Place a canned peach or pear half, cut side down, in a frilly lettuce cup, which is to serve as a bonnet. Make eyes of raisins, use a slice of Maraschino cherry or pimiento for a mouth, and tint the cheeks pink with food coloring. Either grated carrot or coconut may be used for hair, and a dot of mayonnaise with a crisscross of pimiento for a bow under the chin complete a very cheerful little Curly-Top, who is truly "good enough to eat."

Orange Jack-O-Lantern Salad

Cut tops off perfect oranges, remove pulp with a spoon, and cut eyes, nose, and mouth in the skin. Fill with any simple fruit salad, replace the tops, and serve in nests of shredded lettuce.

Ducky Peach Salad

Place a canned peach half, cut side down, on a small mound of cottage cheese on a lettuce-covered salad plate. Using a tooth-pick, stick a white or yellow marshmallow on at one end for the duck's head, inserting raisins for eyes and a blanched almond for a bill. Stick a few more almonds in the peach at the other end to make a perky tail, and there is little Mr. Duck sailing serenely among green lettuce waves.

Frozen Date and Cheese Salad

Blend 1 small (3-oz.) package of cream cheese with 3 tablespoonfuls of milk, stir in ½ cupful of mayonnaise, then fold in ½ cupful of whipped cream, ½ cupful of chopped dates, ½ cupful of chopped blanched almonds or cashews, and 2 teaspoonfuls of lemon juice. Pour into refrigerator trays and freeze until firm. Unmold, slice, and serve on crisp lettuce, garnished with Maraschino cherries. Pass Lemon Mayonnaise separately. Serves 6 to 8 persons.

—*Sunset Magazine*

(A recipe for Lemon Mayonnaise is given on page 21.)

An Imitation Bunch of Grapes

(Illustrated below)

Place a large peeled pear half (fresh or canned), rounded side up, on a perfect green grape leaf or on lettuce. Blend a 3 oz. package of cream cheese with 2 tablespoonfuls of milk and spread over the pear. Cut Tokay grapes in half and remove seeds or, what is easier, use Thompson seedless. Press the grape halves, cut side down, into the cheese, covering the pear completely, so that it resembles a big bunch of grapes. Serve with French dressing or with fruit salad dressing made fluffy with whipped cream. One package of cheese will cover 3 or 4 pear halves.

—*Sunset Magazine*

In the illustration, green chicory has been used to simulate grape leaves and tendrils and a piece of grape stem is inserted in top.

Relish Dressing

½ teaspoon salt
¼ teaspoon paprika
½ teaspoon celery seed
½ teaspoon dry mustard
½ teaspoon grated onion
3 tablespoons sugar
2 tablespoons vinegar
1 tablespoon ketchup
1 tablespoon chili sauce
1 tablespoon horse-radish
½ cup Mazola

Combine ingredients in covered jar; shake vigorously. Makes ¾ cup.

—*McCall's*

Honey French Dressing

⅓ cup Mazola
3 tablespoons lemon juice
½ teaspoon salt
⅓ cup strained honey

Beat together Mazola, lemon juice and salt. Add honey slowly while beating. Serve with fruit salad. Makes ¾ cup.

—*McCall's*

INDEX

BOWL SALADS

A la Russe 8
All-in-One 1
Avocado and Tomato 3
Bermuda 22
Cauliflower, Fresh 2
Chef's 7
Chiffonade 23
Duck Dinner, Perfect 7
Egg, Grandfather's 23
Fruit 5
Gold Coast 14
Grapefruit-Green 22
Greens and Cheese 2
Green and Gold 22
Hearty 11
Kidney Bean and Frankfurter 17
New England 4
Potato, Extra-Special 11
Spinach, French 7
Spring 28
Spring Garden 22
Sunday Night 18
Swiss 20
Tomato and Avocado 3
Vegetable 15
Vegetable Relish 14
Vegetable, Vitamin 9
Vegetable, Winter 13

PLATE SALADS

Bean (green) and Cauliflower 12
Bean (string) 12
Chicken 15
Chicken and Grape, Jellied 27
Chicken Olive Mold 20
Cheese Macaroni 26
Christmas Wreath 24
Cocktail, Grapefruit 19
Crabmeat, Celery and Apple 8
Cranberry Heart 29
Curly-Top, Peach or Pear 30
Date and Cheese, Frozen 30
Ducky Peach 30
Fruit, Fairy 28
Fruit, Fresh (in Cantaloupe) 17
Fruit, Frozen 26
Fruit, Three 29
Grand Slam 21
Grapes, Imitation Bunch 31
Jack o' Lantern, Orange 30
Julienne 19
Kris Kringle 27
Lettuce, with Chutney 26
Melange 16
Norwegian 13
Orange-Fig 12
Plum (Green Gage) 12
Salad Plate 21
Sunburst 13
Tomato Jelly Ring 25
Tomato, Stuffed 12
Tuna Fish, on Pineapple 18

FRENCH-TYPE DRESSINGS

Anchovy 14
Chiffonade 23
Chutney 26
Dressing for Greens-Cheese 2
Dressing for Hearty Salad 11
Fruit Salad 6
Good Housekeeping 3
Honey 31
McCall's (and Variations) 6
Mexican 28
Refrigerator 5
Relish 31
Roquefort 6
Special 20
Tangy 6
Tarragon 6
Tomato 2

MAYONNAISE AND COOKED DRESSINGS

Celery Seed Dressing 27
Chili Mayonnaise 10
Chive Mayonnaise 4
Cream Mayonnaise 10
Creamy Fruit Dressing 24
Fruit Mayonnaise 4
Half-Pint Mayonnaise 25
Honey Cream Dressing 28
Horseradish Mayonnaise 4
Lemon Dressing 7
Lemon Mayonnaise 21
Mazola Mayonnaise (and Variations) 10
McCall's Mayonnaise (and Variations) 4
Quick and Easy Dressing 16
Ravigote Mayonnaise 8
Ripe Olive Mayonnaise 28
Russian Dressing 4
Savory Mayonnaise 10
Stuffed Olive Dressing 6
Supreme Dressing 19
Thousand Island Dressing 10
Tomato Mayonnaise 24

Printed in U. S. A.
A-82

MAZOLA is wholesome and delicious, blends smoothly, and gives a delicate zest and flavor to your salad dressings.

MAZOLA is economical...in the tidy can with the handy pouring spout, it is easy to use.

MAZOLA is pure, vegetable oil, made from the hearts of golden corn — wholly digestible.

That's why MAZOLA is called .....

THE SALAD OIL OF CHARACTER!

CORN PRODUCTS REFINING CO.

17 Battery Place, New York

Tested and Approved 4296 Good Housekeeping Institute

The MAZOLA Salad Bowl